

Primary Data Collection

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Title Of Project: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSD

Aims

- Critically analyse the barriers that influence participants in sport and physical activity for UWTSD students.

Objectives

- Research key literature on the benefits of physical activity on adult health.
- Evaluate student perceptions and influences on sport and physical activity.
- Identify key recommendations for the student union to inform future policy.

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The Questionnaires

The 85 completed questionnaires



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TEITLY PROECT 2 PROECT: THEE LIVES TO PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY FOR
MALES AND FEMALE AROUND THEE WORLD THEE UNITED

These questionnaires will be completed anonymously. After completion, the results will not be
submitted to anyone. Please tick or comment to each of the questions.

1. What age group are you in? (Please tick)

18-22



23-27



2. Do you participate in any kind of sports or physical activity? If so, what do you take part
in?

Answer: Rugby

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Other:

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer:

6. If you are participating in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the
reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: More new friends and that it is enjoyable

9. In your opinion, why do you think people around the group range of 18-22 don't
participate or have stopped participating in sports or physical activity?

Answer: Not interested anymore



Ynysgyn Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TESLY PROJECT / PROYECT TITLE: Barriers To Participation in Sports And Physical Activity For
Males And Females Aged 16-22 within the UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be
published to anyone, unless they are consented in each of the questions.

1. What age group are you in? (Please tick)

16-17

22 or over

☒
☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part
in?

Netball

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

Other: Run to the Family

☒
☒
☒
☒

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Cost

☐
☐
☐
☐

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer

6. If you did participate in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation

Lack of time

Lack of confidence

Lack of money

Cost

Other (Please explain)

Cost

☐
☐
☐
☐
☐
☐

7. Would you reconsider taking up sports or physical activity again? If so, what are the
reasons why?

Answer

8. In your opinion, what are the main barriers to participation in sports or physical activity?

Answer

Limited time, lack of money, lack of confidence

9. In your opinion, why do you think people around the group range of taking sports
participate or have stopped participating in sports or physical activity?

Answer

Jobs



TEITLY PROIECT 1 / PROJECT TITLE: Barriers to Participation in Sports and Physical Activity for Males and Females Aged 18-22 within the UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

16-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: Rugby

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Score:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Score:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other (Please explain)



No confidence



Too many injuries



Cost



Other (Please explain)



Score:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Health

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Not interested



(4)

TITLE PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSd

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Yes

No

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

No

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer: never taken part before

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Makes you fit

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Family reasons
uni
meeting out
relationships



TITLY PROJECT / PROJECT TITLE: Barrier To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

or:

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

or:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you not participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

You have injuries

Cost

Other (Please explain)

or:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

WHEN I'm less busy

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

IMPROVES Cardio, Lose Weight

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

JOBS, People start to lose INTEREST around THIS AGE



TITLE / PROJECT / PROJECT TITLE: Barriers To Participation in Sports and Physical Activity for Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Sports



3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Comment:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Fears too much to get involved



Lack of time



Other (Please explain)



Answer: Nobody I know does Sport

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: If friends did it

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other circumstances



No confidence



Too many injuries



Cost



Other (Please explain)



Comment:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Question X 5

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Makes you healthier

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: No time for it



Yr Uwys Gynnu
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TRITLY PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published in any way. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Yes

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Other

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☒

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Answer: Stopped after getting accepted to university

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes, after university

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Many health benefits

In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: too much work, no time, family commitments



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-32 Within The UWTD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☒

Costs too much to get involved

☒

Lack of time

☒

Other (Please explain)

☒

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

NO

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other: NEVER TAKEN PART BEFORE

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

NO

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Makes you fit?

9. In your opinion, why do you think people around the group range of 18-32 don't participate or have stopped participating in sports or physical activity?

Answer: No interest



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWTS&D

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the sections.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: Rugby

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Other:



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Other:



7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Keeps you fit

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: University work



TEXT Y PROJECT / PROJECT TITLE: Barriers To Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within the UWTD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☒

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

After finishing uni

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other circumstances

No confidence

Too many injuries

Cost

Other (Please explain)

Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

Yes, Fun

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Makes you a lot more fit, makes you healthy, make new friends, enjoyment

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

People around this age usually move out from home/get new job



TEFL Y PROJECT / PROJECT TITLE: Barriers to Participation in Sports and Physical Activity for Males and Females Aged 18-22 Within The UWIST

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

—er:

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

X

6. If you not participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

X

7. Would you reconsider taking up sports or physical activity again? if so, what are the reasons why?

Answer:

no

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Health

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Lack of time



TECHNICAL PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

Not at the moment

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: If I had the equipment

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



None

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer: YES, if I had the time

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: makes you look better

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: other commitments



Yr Uwysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TRINITY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the question:

1. What age group are you in? (Please tick)

18-22 ☒

23 or over ☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Other:

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity ☐

Because my friends enjoy it ☐

I want to improve my fitness/health ☐

Other (Please explain) ☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity ☐

My friends don't enjoy sports or physical activity ☒

I don't have the equipment to start participating in sports or physical activity ☐

Costs too much to get involved ☐

Lack of time ☒

Other (Please explain) ☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: **more time**

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation ☒

Lack of time ☒

Other commitments ☒

Low confidence ☒

Too many injuries ☐

Cost ☐

Other (Please explain) ☒

Answer: **didn't enjoy it**

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: **IF friends get involved too**

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: **A lot of different health benefits**

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: **other commitments**



STUDENT PROJECT / PROYECT STUDENT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

No

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Use:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☒

I was too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Use:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

No

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

No

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Watcher health

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: usually because they have no time



TEITLY PROJECT, / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTS/D

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

Y10

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)



None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

None



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: If I had more time outside university

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No money

Too many injuries

None

Other (Please explain)

None



7. Would you consider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes. It looks enjoyable

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Enjoyable and healthy

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Lack of time



TEFLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UW130

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick/ie comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Answer:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Comes too much to get involved



Lack of time



Other (Please explain)



Answer:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: Lower cost of membership at gyms.

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes. Enjoy it once I get started.

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Health and fitness

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Other interests
Work



TEITLY PROECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within the UWTRD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or Over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

→ e.g. rugby union

→ train wednesday night
play saturday

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer: Fitness, enjoyment, Social side.

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Work, Friends not participating



TEFLY PROJECT / PROYECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Given too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

NO

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No assistance

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

NO

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

None

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

No interest



TEITLY PROJECT / PROJECT TITLE: Barriers to Participation in Sports and Physical Activity For
Males And Females aged 18-22 Within the UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or write in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Nothing

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Other:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Keeping healthy

In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: LAZINESS!



TEXT 17 PROJECT 7 PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒ 18-22
☐ 23 or over

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?
I walk - have no car

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐
☐
☐
☐

Or else:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☒

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

☒
☒
☒
☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

More time - uni and work taking up majority of my time

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

☐
☒
☐
☐
☐
☒
☐

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Definitely once I have more time.

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Health and enjoyment

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Probably time or lack of it.



TRINITY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UW/TSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please check or comment in each of the sections.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

tennis

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Answer:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Answer:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you not participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer:

Fun with my mates

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

no idea



TEITLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females aged 18-22 Within The UWSTC

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)
 18-22 ☒
 23 or over ☐
2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?
 Answer: *No*
3. Why do you participate in sports or physical activity? (Please tick)
 I enjoy participating in sports and physical activity ☐
 Because my friends enjoy it ☐
 I want to improve my fitness/health ☐
 Other (Please explain) ☐
 Answer:
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)
 I do not enjoy sports or physical activity ☒
 My friends don't enjoy sports or physical activity ☐

- I don't have the equipment to start participating in sports or physical activity
 Costs too much to get involved
 Lack of time
 Other (Please explain)
 Answer:
- Is there anything you believe that would help you to participate in sports or physical activity?
 Answer: *No*
- If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)
 Lack of motivation ☐
 Lack of time ☐
 Other commitments ☐
 No confidence ☐
 Too many injuries ☐
 Cost ☐
 Other (Please explain) ☐
 Answer:
- Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?
 Answer:
- In your opinion, what are the main benefits of participating in sports or physical activity?
 Answer: *Makes you fitter* *Healthier*
- In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?
 Answer: *Working*



TEITLY PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The LWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)
- 18-22 ☒
- 23 or over ☐
2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?
- Yes ☒
3. Why do you participate in sports or physical activity? (Please tick)
- I enjoy participating in sports and physical activity ☐
- Because my friends enjoy it ☐
- I want to improve my fitness/health ☐
- Other (Please explain) ☐
- Other: ☒
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)
- I do not enjoy sports or physical activity ☐
- My friends don't enjoy sports or physical activity ☐

- I don't have the equipment to start participating in sports or physical activity. ☐
- Costs too much to get involved ☐
- Lack of time ☒
- Other (Please explain) ☒
- Other: *Other Commitments (family)*
5. Is there anything you believe that would help you to participate in sports or physical activity?
- Answer: *More time to do it*
6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)
- Lack of motivation ☐
- Lack of time ☐
- Other commitments ☐
- No confidence ☐
- Too many injuries ☐
- Cost ☐
- Other (Please explain) ☐
- Other: ☒
7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?
- Answer: *Yes, if I had more time*
8. In your opinion, what are the main benefits of participating in sports or physical activity?
- Answer: *People enjoy it*
9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?
- Answer: *they don't want to do it*



RESEARCH PROJECT: PERCEIVED BARRIERS TO PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY FOR
MALES AND FEMALES AGED 18-22 WITHIN THE UWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment to each of the questions.

1. What age group are you in? (Please tick)
18-22 ☒
23 or over ☐
2. Do you participate in any kind of sports or physical activity? If so, what do you have now?
Yes ☐ No ☐
3. Why do you participate in sports or physical activity? (Please tick)
I enjoy participating in sports and physical activity ☐
Because my friends enjoy it ☐
I want to improve my fitness/health ☐
Other (Please explain) ☐
None ☐
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)
I do not enjoy sports or physical activity ☒
My friends don't enjoy sports or physical activity ☐

5. I don't have the equipment to start participating in sports or physical activity ☐
Costs too much to get involved ☐
Lack of time ☐
Other (Please explain) ☐
None ☐
6. Is there anything you believe that would help you to participate in sports or physical activity?
Answer: No ☐
7. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)
Lack of motivation ☐
Lack of time ☐
Other commitments ☐
No confidence ☐
Too many injuries ☐
None ☐
Other (Please explain) ☐
None ☐
Answer: None have participated in sports before
8. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?
Answer: No ☐
9. In your opinion, what are the main benefits of participating in sports or physical activity?
Answer: It can be fun ☐
10. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?
Answer: Not work ☐



TEITLY PROIECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The University

These questionnaires will be completed anonymously. After completion, the results will not be published in any way. Please tick or summarise in each of the questions.

1. What age group are you in? (Please tick)

18-20



21 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

not at the moment

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

I don't

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

It was too much to get involved

Lack of time

Other (Please explain)

Yes

Yes

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

After uni finishes - Summer Sports

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other circumstances

Low confidence

Too many injuries

Cost

Other (Please explain)

None

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

Yes if I had enough time - too much commitment at the moment

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer:

Makes people fitter/healthier/happier

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Work/university/relationships/other commitments

TECHLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer

No

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Answer

X

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Answer

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

No

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer

X

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer

No, not enough time

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer

Healthier

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer

They have too much work to do



HEALTHY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTCDS

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Football For local club

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Other:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: I enjoy playing football, stress relief

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: They are too busy



TEST Y PROECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWTSd

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

(tick)

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: people I know that are also getting involved in sports

6. If you do participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer: Parents stopped participating

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes If people I know get involved

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Get fitter

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Other commitments e.g. Work, Uni



TRINITY PROJECT 2 PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females aged 18-22 Within The UNITED

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

4. What age group are you in? (Please tick)

18-22

23 or over



5. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

NO

6. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)



Answer:

7. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer:

I'm not sporty.

8. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

NO

9. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Answer:

10. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

NO

11. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Something to do in your free time.

12. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Because they are not interested.



LEISLE PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTS/D

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

☒ 18-22

☐ 23 or over

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

—eg:—

NO

3. Why do you participate in sports or physical activity? (Please tick)

☐ I enjoy participating in sports and physical activity

☐ Because my friends enjoy it

☐ I want to improve my fitness/health

☐ Other (Please explain)

Other:—

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

☐ I do not enjoy sports or physical activity

☒ My friends don't enjoy sports or physical activity

☐ I don't have the equipment to start participating in sports or physical activity

☐ Costs too much to get involved

☐ Lack of time

☐ Other (Please explain)

Other:—

Not interested

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:—

NO

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

☐ Lack of motivation

☐ Lack of time

☐ Other commitments

☐ no confidence

☐ Too many injuries

☐ Cost

☐ Other (Please explain)

Other:—

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:—

X

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *that people that participate in sports are fitter than people who don't*

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:—

Time



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-23 Within The University

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-23

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

i do not participate in sport

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity.

☐

Someone my friends enjoy it.

☐

I want to improve my fitness/health.

☐

Other (Please explain)

☐

Answer: i don't

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity.

☐

My friends don't enjoy sports or physical activity.

☐

I don't have the equipment to start participating in sports or physical activity.

☐

Costs too much to get involved.

☐

Lack of time.

☒

Other (Please explain)

☐

Answer:

5. Is there anything you believe that would help you to participate in sports or physical activity?

not enough time currently, in the future when I have enough time to participate.

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation.

☐

Lack of time.

☒

Other circumstances.

☐

No confidence.

☐

Too many injuries.

☐

Cost.

☐

Other (Please explain)

☐

Answer: my work and working is stopping me currently

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Yes - when I'm free

8. In your opinion, what are the main benefits of participating in sports or physical activity?

People are fitter when participating
Happier, feel better, make new friends

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Because they are too busy, don't have enough time to participate in sport



Yr Ysgol Gyhoeddus
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TRINITY PROJECT 7 / PROJECT TITLE: BARRIERS TO PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY OF
Males And Females Aged 18-22 Within The UK/USA

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or more

☒ 18-22
☐ 23 or more

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

X

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐
☐
☐
☐

None

X

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☒
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

None

☐
☐
☐
☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

NO

6. If you still participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

None

X

☐
☐
☐
☐
☐
☐
☐

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

NO

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Healthier

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

LAZY



TESLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females aged 18-22 within The UWTSd

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

no

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (please explain)



Answer:

X

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

no

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer:

I've never participated in sports

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Something to do when you are bored

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Not enough time



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TEST 1 PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTEC

These questionnaires will be completed anonymously. After completion, the results will not be published in anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒
☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

—HRT—

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

Other

☐
☐
☐
☐

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

☒
☒
☐
☒

I don't have my hockey equipments (Stick, uniform)

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: *If I was prepared to get involved but I don't have equipment*

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

☒
☒
☒
☒
☐
☒
☒

Other

*University getting in the way
too focused on university work*

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer: *In the future, yes*

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *It can be very enjoyable.*

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: *Because some people don't want to get involved
because university or that they are making
full time*



(123)

TEFLY PROJECT / PROYECT TITL: Barriers to Participation in Sports And Physical Activity for Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Yes:

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



None:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



None:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: *Just see it*

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



None:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: *After university*

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *After*

In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: *to be fit*



TEFLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSO

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Yes: Football

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Other: Played football from an early age

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Time to socialise with friends
Something to do when you're bored
Keeps you fit and healthy

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Rather do other things instead or they are not interested



(46)

TEFLY PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will NOT be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Could not find time to get involved

☐

Lack of time

☒

Other (Please explain)

☐

5. Is there anything you believe that would make you to participate in sports or physical activity?

Answer:

More free time

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☒

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☒

Other:

University

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

after university

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

get healthier and enjoyment

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

too busy



YELL Y PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWYD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick/ or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

WALKING

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

None



4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



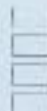
I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

None



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

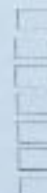
No confidence

Too many injuries

Cost

Other (Please explain)

None



7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

Definitely, but too old now for anything competitive. Thinking about going back to gym.

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Fitness. Health. Social enjoyment.

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Lack of interest in other things.



TERM 1 PROJECT / PROJECT TITLE: Barriers To Participation in Sports and Physical Activity for
Males And Females aged 18-23 Within The UWTSO

These questionnaires will be completed anonymously. After completion, the results will not be
published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-23

24 or over

☒
☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part
in?

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐
☐
☐
☐

None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☒
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

None

☐
☐
☐
☐

5. Is there anything you believe that would help you to participate in sports or physical
activity?
Answer: NO, nothing. However, been interested in
of it.

6. If you did participate in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

None

☐
☐
☐
☐
☐
☐
☐

7. Would you reconsider taking up sport or physical activity again? If so, what are the
reasons why?

A, Y

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?
Answer: I suppose better health

9. In your opinion, why do you think people around the group range of 18-23 don't
participate or have stopped participating in sports or physical activity?

Answer: No interest
Other things more important



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(50)

TEFLY PROJECT / PROJECT TITLE: BARRIERS TO PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY FOR
Males And Females Aged 18-22 WITHIN THE UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be
published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒ 18-22
☐ 23 or over

2. Do you participate in any kind of sports or physical activity? If so, what do you take part
in?

YES

Gym FISHING

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☒ I enjoy participating in sports and physical activity
☒ Because my friends enjoy it
☒ I want to improve my fitness/health
☒ Other (Please explain)

Ans: ENJOY FISHING AS IT'S RELAXING

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐ I do not enjoy sports or physical activity
☐ My friends don't enjoy sports or physical activity

(50)

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

☐ I don't have the equipment to start participating in sports or physical activity
☐ Costs too much to get involved
☐ Lack of time
☐ Other (Please explain)

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from
participating? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

☐ Lack of motivation
☐ Lack of time
☐ Other commitments
☐ No confidence
☐ Too many injuries
☐ Cost
☐ Other (Please explain)

7. Would you reconsider taking up sports or physical activity again? If so, what are the
reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: ENJOYMENT AND RELAXATION

9. In your opinion, why do you think people around the group range of 18-22 don't
participate or have stopped participating in sports or physical activity?

Answer: LACK OF TIME



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University of Wales
Trinity Saint David

TRINITY ST DAVID'S UNIVERSITY OF WALES
TRINITY SAINT DAVID'S UNIVERSITY OF WALES
TRINITY SAINT DAVID'S UNIVERSITY OF WALES

I have completed this questionnaire with the completed arrangements. After completion, the results will not be made available to anyone. Please take or commit to each of the questions.

1. What are your age and sex? (Please tick)

Male



Female



2. Do you participate in any kind of sports or physical activity? If so, what is your main sport?

Answer: Netball

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports or physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



5. I don't have the equipment to start participating in sports or physical activity
What is your main reason for not participating?
Answer: Lack of time





WELLY PROJECT / PROYECTO WELLY: Estudios To Po Usbution In Sports And Physical Activity For
Males And Females Aged 18-23 Within The University

These questionnaires will be completed anonymously. After completion, the results will not be
attributed to anyone. Please check or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒
☐

2. Do you participate in any kind of sports or physical activity? If yes, what are you doing in?

Answer:

NONE NOTHING

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my physical fitness

Other (Please explain)

☐
☐
☐
☐

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't encourage me to do physical activity

☐
☐

5. I don't have the motivation to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer:

☐
☐
☒
☐

6. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

More time

7. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other circumstances

No facilities

No money to pay for

Other

Other (Please explain)

Answer:

☐
☒
☐
☐
☐
☐

8. Would you recommend others to start or continue sports or physical activity? If yes, what are the reasons why?

Answer:

Yes, fun!

9. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Health

10. In your opinion, why do you think people around the world have stopped participating in sports or physical activity?

Answer:

Video games

TEFL Y PROJECT / PRIMER / THREE HOURS OF INFORMATION IN SCIENTIFIC PHYSICAL SCIENCE FOR
KINDER AND FORTYONE ABOUT SCIENCE SUBJECT THE 1999-2000

These operations will be completed progressively. After completion, the results will be available on screen. Please follow the sequence in each of the screens.

5. What age group are you in (please mark)
- 18-24 ☒ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75+ ☐
6. Do you participate in any kind of sports or physical activity? If so, when do you usually participate?
- _____ *Not now*
7. When do you usually exercise (in terms of adapted activity)? (Please tick)
- I enjoy participating in sports or physical activity ☐
I usually only exercise when I have time ☐
I want to improve my fitness level ☐
Other (Please explain) ☐
- _____ *X*
8. If you are not participating in sports or adapted activity, what are the reasons why? (Please tick)
- I am not enjoying sports or physical activity ☐
My friends don't make me or attract me to ☐

- I don't know. The respondents to your questionnaire in sports or physical activity
- Could not finish or quit halfway
- End of time
- Other (Please explain)
- don't forget at the moment
- Is there something you believe that would help you to participate in sports or physical activity?
- Answer: Motivation
- If you can participate in sports or physical activity in the week, what has inspired you from participating? (Please tick)
- Lack of motivation
- End of time
- Other circumstances
- Insufficient time
- Two main reasons
-
- Other (Please explain)
- Used to play football but for the Motivation to carry on
- What is your motivation taking up sport or physical activity again? If so, what are the reasons for?
- Answer: If I had motivation then yes
- In your opinion, what are the main barriers to participation in sports or physical activity?
- Answer: Socialising with friends
- Could children, with the good health people around the average number of 40, achieve participation or have stopped participating in sports or physical activity?
- Answer: Copying

TEFL Y PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

no - but I walk the dog

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Comment

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I don't enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Cash too much to get involved

☐

Lack of time

☒

Other (Please explain)

☒

Comment

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: *A rugby club that is local to me*

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Answer: *rugby team dissolved*

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer: *Yes it was fun*

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *Engagement*

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: *Too lazy* *too focused on drinking*
rugby team finishing
No motivation



FIELD PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22	☒
23 or over	☐
2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

NO
3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity	☐
Because my friends enjoy it	☐
I want to improve my fitness/health	☐
Other (Please explain)	☐

Other: *None*
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity	☐
My friends don't enjoy sports or physical activity	☐

5. I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved	☐
Lack of time	☐
Other (Please explain)	☒

Other: *Not far to get to games/ training*
6. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: *transport*
7. If you did participate in sports or physical activity in the past, what has stopped you from participating? (Please tick)

Lack of motivation	☐
Lack of time	☐
Other commitments	☐
No confidence	☐
Too many injuries	☐
Cost	☐
Other (Please explain)	☐

Other: *None*
8. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: *Yes, people say it's fun*
9. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *It's fun*
10. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: *work*



PROJECT TITLE: Barriers to Participation in Sports and Physical Activity of
Males And Females Aged 18-22 Within The UWTD

These questionnaires will be completed anonymously. After completion, the results will not be published in any way. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you have fun
in?

—or—

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Or:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

Or:

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer:

No

6. If you did participate in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Or:

7. Would you reconsider taking up sports or physical activity again? If so, what are the
reasons why?

Answer:

No

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Get More Fit

In your opinion, why do you think people around the group range of 18-22 don't
participate or have stopped participating in sports or physical activity?

Answer:

Don't Enjoy it



TEFLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

Not at the moment

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Explain:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



Explain:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Explain: UNIVERSITY

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

Yes, after I finish university

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Many benefits - Healthier, lose weight

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Social Media



TEITLY PROECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the Questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

→

I go to the gym

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☒

Because my friends enjoy it

☐

I want to improve my fitness/health

☒

Other (Please explain)

☒

Answer:

Socially with friends at the gym

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐


I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

→

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

→

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer:

get fitter, it becomes a habit when you go to the gym every week

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

They have not much time



TRINITY PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For
Males And Females Aged 18-22 Within The LWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 to over



2. Do you participate in any kind of sports or physical activity? If so, what do you take up?
in?

Answer:

No

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Gender:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



on: University Work taking over

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer: after finishing university maybe

6. If you did participate in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



on: Stopped after getting accepted into uni

7. Would you reconsider taking up sport or physical activity again? If so, what are the
reasons why?

Answer: Yes, i was fun playing Football before

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Having fun with friends

9. In your opinion, why do you think people around the group range of 18-22 don't
participate or have stopped participating in sports or physical activity?

Answer: Working and uni



TESTLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐
☐
☐
☐

Correct

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☒
☐

I DON'T have the equipments to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

None

Not interested

☐
☐
☐
☒

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

NO

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

None

Never Participated before

☐
☐
☐
☐
☐
☐
☐

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer

X

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer

FUN... Sometimes

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer

Not having fun



TRIFYL Y PROYECT / PROJECT TITLE: Barriers to Participation in Sports and Physical Activity For
Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be
published to anyone. Please tick or comment in each of the sections.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part
in?

Answer: No - Don't play sports

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please
tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical
activity?

Answer: Less university work

6. If you did participate in sports or physical activity in the past, what has stopped you from
continuing? (Please tick)

Lack of motivation

☐

Lack of time

☒

Other commitments

☐

No confidence

☐

Too many injuries

☐

Fear

☐

Other (Please explain)

☒

Other:

University, busy commitments

7. Would you reconsider taking up sport or physical activity again? If so, what are the
reasons why?

Answer: Yes, loved playing football. It was fun.

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Able to play different kind of sports

9. In your opinion, why do you think people around the group range of 18-22 don't
participate or have stopped participating in sports or physical activity?

Answer: They go to uni at 18 and move out of home.



TEFLY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UW150

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please check or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

don't

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



because my friends enjoy it



I want to improve my fitness/health



Other (please explain)



Other:

don't

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (please explain)



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

no

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (please explain)



Other:

None

7. Would you consider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

no

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

People enjoy it and have fun

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

have no interest



Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TEITLY PROSECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWYSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please ticked or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒ ☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Not Currently

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐
☐
☐
☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

I enjoy tennis but don't have the equipments currently

5. Is there anything you believe that would help you to participate in sports or physical activity?

Equipment and time to play every week

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Tennis Clubs Cost too much and no

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

YES, it was fun and learned a lot

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Fitness increasing

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Lazy people, drinking, socialising

☒
☐
☐
☒
☐
☐
☐
☐
☐
☐
☒



TEST 1 Y PROECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSO

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions:

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☒

None

not comfortable doing it

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: if my friends did it too

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

None

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: maybe in the future, to lose weight

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer: easy way to lose weight

In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: they don't want to

• social media

• not enough time



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

Ans

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☒

Ans

Other Constraints

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☒

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Ans: *Acquaintance but stopped for other commitments*

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

Yes I had time and freedom

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Keep fit

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Other Constraints



68

TRITLY PROJECT / PROJECT TITLE: Barriers To Participation in Games And Physical Activity For Males And Females Aged 18-22 Within The UWTSO

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

No

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☐

☐

☐

☐

Other:

I don't

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐

☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer:

☐

☐

☒

☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

Motivation + time

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Answer:

lost motivation towards the end

☒

☐

☐

☐

☐

☐

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

If I was motivated enough

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

fitness is better and make new friends

9. To your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

relationships



TEITLY PROEECT: / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSN

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: Jogging 1 time a week

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☒

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Answer: Don't have enough time for other sports

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: To me

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Ton many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes, if I have enough time

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Make you happier and feel better

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Not enough time



HEALTHY PROJECT / PROJECT TITLES: Barrier To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)
- 18-22 ☒
- 23 or over ☐
2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?
- Yes ☒
3. Why do you participate in sports or physical activity? (Please tick)
- I enjoy participating in sports and physical activity ☐
- Because my friends enjoy it ☐
- I want to improve my fitness/health ☐
- Other (please explain) ☐
- Other: ☒
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)
- I do not enjoy sports or physical activity ☐
- My friends don't enjoy sports or physical activity ☐

- I don't have the equipment to start participating in sports or physical activity ☐
- Costs too much to get involved ☐
- Lack of time ☐
- Other (Please explain) ☒
- Other: *I work too much*
5. Is there anything you believe that would help you to participate in sports or physical activity?
- Answer: *less shifts*
6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)
- Lack of motivation ☐
- Lack of time ☐
- Other commitments ☒
- No confidence ☐
- Too many injuries ☐
- Lost ☐
- Other (Please explain) ☐
- Other: *Working*
7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?
- Answer: *Yes in future, work in leisure*
8. In your opinion, what are the main benefits of participating in sports or physical activity?
- Answer: *It looks fun.*
9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?
- Answer: *work & other commitments*



TEST 1 PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone, please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer:

Not interested

☐☐☐☒

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

X

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

X

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

X

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Look I Am?

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

I don't participate because I'm not interested



TRINITY PROJECT: / PROYECTI TRINITY: BARRIERS TO PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY FOR
Males And Females Aged 18-22 Within The LWTUS

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

16-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

None

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

NO

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

None

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer

Exercise Time with friends

9. In your opinion, why do you think people around the group (aged 18-22) don't participate or have stopped participating in sports or physical activity?

Answer

Because they not interested



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment to each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Football
Rugby

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☒

Because my friends enjoy it

☒

I want to improve my fitness/health

☒

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Playing with friends, improve my fitness

9. In your opinion, why do you think people around the group (ages of 18-22) don't participate or have stopped participating in sports or physical activity?

Answer: Quality they are
too busy



(74)

TRINITY PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSDB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Yes

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☐

Other

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

Not really - not interested

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other

Never participated in Sport before

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer

No

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer

Get healthier

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer

low interest in Sport after school



TRINITY PROJECT 1 / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWISTD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒
☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer

Not Regularly Currently

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

Other:

☐
☐
☐
☐

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☒

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Answer

Friends don't want to get involved

Not enough time

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

More time

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Lost

Other (Please explain)

Other:

☐
☐
☒
☒

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer

Yes to a word more time

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer

enjoyment/fun - Spending time outdoors

In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer

because their friends don't think it's cool enough

☒
☒
☐
☐
☐
☐
☐
☐



TRINITY PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the question:

1. WHAT age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

X

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

None

X

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☐

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☒

None

University work

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer: more time and less work

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☒

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

None

University

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer: Yes, in the future after losing weight

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: easily can lose weight + fun

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Social Media



Yr Wyddor Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

TITLE Y PROECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSO

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None

NO

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

Other:



4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity

Cares too much to get involved

Lack of time

Other (Please explain)

Other:



5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

Not really

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Other:



7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participation in sports or physical activity?

Answer:

Health Improver

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Gaming
Social Media
Drinking
Lazy



TITLE / PROJECT: / **PROJECT TITLE:** Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

23 or over

☒ ☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: *5 a side football*

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends enjoy it

I want to improve my fitness/health

Other (Please explain)

☒ ☒ ☐ ☒

Answer: *Friends play at the same team*

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐ ☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

Other

☐ ☐ ☐ ☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Other

☐ ☐ ☐ ☐ ☐ ☐ ☐

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: *Very fun to play, improves fitness, socialising*

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

*They can't
rather do other things*



TRINITY PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 19-22 Within The UWISD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

19-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☐

Other (Please explain)

☐

Other:

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you still participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

In your opinion, why do you think people around the group range of 19-22 don't participate or have stopped participating in sports or physical activity?

Answer:

for lack of



TEFL Y PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions:

1. What age group are you in? (Please tick)
 18-22 ☒
 23 or over ☐
2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?
 Answer: No.
3. Why do you participate in sports or physical activity? (Please tick)
 I enjoy participating in sports and physical activity ☐
 Because my friends enjoy it ☐
 I want to improve my fitness/health ☐
 Other (Please explain) ☐
 Other ☐
4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)
 I do not enjoy sports or physical activity ☐
 My friends don't enjoy sports or physical activity ☐

- I don't have the equipment to start participating in sports or physical activity ☐
 Costs too much to get involved ☐
 Lack of time ☒
 Other (Please explain) ☐
 Answer: CURRENTLY WORKING + RELATIONSHIP
- Is there anything you believe that would help you to participate in sports or physical activity?
 Answer: NOT CURRENTLY
- If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)
 Lack of motivation ☐
 Lack of time ☐
 Other commitments ☐
 No confidence ☐
 Too many injuries ☐
 Cost ☐
 Other (Please explain) ☐
 Answer: LOST INTEREST RATHER QUICKLY
- Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?
 Answer: PERHAPS IN THE FUTURE
- In your opinion, what are the main benefits of participating in sports or physical activity?
 Answer: YOU BECOME MUCH HEALTHIER
- In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?
 Answer: JUST NOT INTERESTED
 RATHER DO OTHER THINGS INSTEAD



TRINITY PROJECT: / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSN

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please ticked or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒

23 or over

☐

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

Nope

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

☐

Because my friends enjoy it

☐

I want to improve my fitness/health

☐

Other (Please explain)

☐

Other:

I don't

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

☒

My friends don't enjoy sports or physical activity

☐

I don't have the equipment to start participating in sports or physical activity

☐

Costs too much to get involved

☐

Lack of time

☒

Other (Please explain)

☒

Answer:

Not interested

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

Someone motivating me

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

☐

Lack of time

☐

Other commitments

☐

No confidence

☐

Too many injuries

☐

Cost

☐

Other (Please explain)

☐

Other:

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Socialising

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Not enough time = uni or working



TESTY PROJECT / PROJECT TITLE: Barriers to Participation in Sports And Physical Activity For Males And Females Aged 18-22 Within The UWTSU

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please either or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

None



3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



None



4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain)



None

Not interested

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer

No

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



None

haven't participated

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer

No - haven't participated before

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer

Healthier Heart

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer

Not bothered with sports



TRINITY PROJECT / PROJECT TITLE: Barriers To Participation in Sports and Physical Activity for Males And Females Aged 18-22 Within The UWTSB

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22



23 or over



2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer:

Netball the Moment

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity



Because my friends enjoy it



I want to improve my fitness/health



Other (Please explain)



Comment:

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity



My friends don't enjoy sports or physical activity



I don't have the equipment to start participating in sports or physical activity



Costs too much to get involved



Lack of time



Other (Please explain):



Answer:

University

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

More time

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation



Lack of time



Other commitments



No confidence



Too many injuries



Cost



Other (Please explain)



Answer: Stopped after getting into uni

7. Would you reconsider taking up sport or physical activity again? If so, what are the reasons why?

Answer:

Yes, after uni is finished

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer:

Many different health benefits

enjoyment

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer:

Not interested



TEST 1 PROJECT / PROJECT TITLE: Barriers To Participation In Sports And Physical Activity For
Males And Females Aged 18-22 Within The UWSD

These questionnaires will be completed anonymously. After completion, the results will not be published to anyone. Please tick or comment in each of the questions.

1. What age group are you in? (Please tick)

18-22

☒
☐

23 or over

2. Do you participate in any kind of sports or physical activity? If so, what do you take part in?

Answer: Football

3. Why do you participate in sports or physical activity? (Please tick)

I enjoy participating in sports and physical activity

Because my friends encourage it

I want to improve my fitness/health

Other (Please explain)

☒
☐
☐
☒

Answer: Because it's my favorite Sport

4. If you do not participate in sports or physical activity, what are the reasons why? (Please tick)

I do not enjoy sports or physical activity

My friends don't enjoy sports or physical activity

☐
☐

I don't have the equipment to start participating in sports or physical activity

Costs too much to get involved

Lack of time

Other (Please explain)

☐
☐
☐
☐

5. Is there anything you believe that would help you to participate in sports or physical activity?

Answer:

6. If you did participate in sports or physical activity in the past, what has stopped you from continuing? (Please tick)

Lack of motivation

Lack of time

Other commitments

No confidence

Too many injuries

Cost

Other (Please explain)

Other

☐
☐
☐
☐
☐
☐
☐

7. Would you reconsider taking up sports or physical activity again? If so, what are the reasons why?

Answer:

8. In your opinion, what are the main benefits of participating in sports or physical activity?

Answer: Keeps you healthy, enjoyable, make new friends

9. In your opinion, why do you think people around the group range of 18-22 don't participate or have stopped participating in sports or physical activity?

Answer: Getting a job/university

